

NorthStar Center

(Young Adult Program)



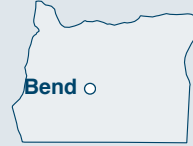
Member Since: 1999

Phone: (866) 313-7580

Executive Contact: Sean Fievet

Admission Contact: Chesley Strowd

Gender: Coeducational
 Ages: 17½ to 24
 Grades: High School Diploma/GED/College
 Enrollment: 42
 Duration: 6 to 12 months
 Founded: 1991
 Email: cstrowd@northstarcenter.com
 Fax: (541) 385-0997



Address: P.O. Box 1387
 Bend, OR 97709
 Airport: Redmond or Portland

Website: www.northstarcenter.com

The NorthStar Center is an extended-care substance abuse recovery program where students learn to lead a healthy and sober lifestyle while pursuing academic goals and independence. Students transition directly to NorthStar with at least thirty days sobriety upon completing a primary treatment program or wilderness therapy program in which they have received education about addiction and made a commitment to remain sober. NorthStar's mission is to help students learn the skills to transition appropriately into a sober and healthy adult lifestyle.

Students of the NorthStar program are 17.5 – 24 year-olds who seek to move forward in their lives emotionally and academically. For students with a minimal amount of high school to complete, NorthStar assists them in pursuing a high school diploma, or working toward a GED. Students participate in Dialectical Behavioral Therapy (DBT) skills training to learn to regulate emotions and Motivational Interviewing groups to further their understanding of the recovery process and their commitment to recovery.

NorthStar is a dual diagnosis (co-occurring disorders) facility. In addition to substance abuse, students have typically experienced academic failure in their lives and may have learning challenges. A typical student may deal with poor self-esteem, ADD/HD, mood disorders, Anxiety, Depression, Bi-polar, PTSD, impulsivity and/or lack of motivation.

The NorthStar journey to sober, healthy adulthood is designed as a one-year program divided into two phases. During Phase I, students live in a structured residential setting that is staffed 24-hours-per-day. Students are involved in daily chores, academic pursuits including college classes, group therapy, individual therapy, 12-step recovery meetings and world class recreational activities.

NorthStar also puts tremendous emphasis on rebuilding family relationships in family therapy, Family Week workshops and parent discussion teleconferences. As an additional benefit, NorthStar parents are assigned a certified Parent Coach for the purpose of helping support the parents in establishing new roles as their young adult transitions into the next phase of his or her life.

NorthStar's Phase II is an opportunity to participate in an independent living component of the program in which students live in the Bend community with another NorthStar student, but remain actively involved in college and academic advising or employment (full or part-time), individual and group therapy, case management, money management, recreation and community activities.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: Oregon Department of Human Services

Professional Affiliations: NATSAP-Full Member; NAATP, NAADAC